

# July Menu - Urbana Senior Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

[www.FrederickCountyMD.gov/aging](http://www.FrederickCountyMD.gov/aging)

The meal is served at Noon. Reservations must be made at least 48 hours in advance.  
\$4.80 per person per meal. Milk, juice and bread are offered each meal. **Menus are subject to change.**

<i><b>Monday</b></i>	<i><b>Tuesday</b></i>	<i><b>Wednesday</b></i>	<i><b>Thursday</b></i>	<i><b>Friday</b></i>
<b>1</b> Three Bean Salad Beef Tips with Egg Noodles Braised Red Cabbage Lemon Squares Chilled Peaches	<b>2</b> Creamy Coleslaw BBQ Pork on Bun Baked Beans Garden Blend Vegetables Fruit Cocktail	<b>3</b> Tomato Basil Soup Vegetable Quiche Steamed Corn Chopped Mixed Greens Blueberry Pie	<b>4</b>  <b>Center is Closed</b>  <b>Enjoy the Holiday</b>	<b>5</b>  <b>Center is Closed</b>
<b>8</b> Grape Juice Turkey Chili Brown Rice Carrots Corn Muffin Tropical Fruit	<b>9</b> Pineapple Juice Baked Chicken Drumsticks Mashed Potatoes Sweet Peas Fresh Seasonal Fruit Wheat Bread	<b>10</b> Apple Juice Split Pea Soup Cucumber, Tomato & Onion Salad Tuna Sub w/cheese Pineapple Tidbits	<b>11</b> Orange Juice Turkey & Swiss Sandwich Lettuce & Tomato Cole Slaw Apple Sauce	<b>12</b>  <b>Center is Closed</b>  <b>Brunswick Picnic</b>
<b>15</b> Pineapple Juice BBQ Beef Sandwich Scalloped Potatoes Green Beans Tropical Fruit Cup	<b>16</b> ¼ lb Hot Dog on bun Pepper/Onion garnish Cole Slaw Baked Beans Watermelon slice Apple Pie ala mode	<b>17</b> <b>Brunch: Omelet Bar</b> Omelets made to order Other Brunch Items	<b>18</b> Pineapple Juice Cold Fried Chicken Sandwich Cole Slaw Potato Salad Fresh Fruit	<b>19</b>  <b>Center is Closed</b>
<b>22</b> Tomato Juice Baked Potato w/chili, cheese & sour cream Tossed Salad Apple Sauce	<b>23</b> Orange Juice Chicken Stew w/peas and carrots on White Rice Wheat Bread Rosy Apple Sauce	<b>24</b> Pineapple Juice Hot Roast Beef/gravy Mashed Potatoes Summer Blend veggies Fruit Cocktail	<b>25</b> 3 bean salad Cold Cut Sub on Roll w/provolone, lettuce & tomato Cole Slaw Peaches	<b>26</b>  <b>Center is Closed</b>
<b>29</b> Tomato Juice Chicken Cheese Steak w/lettuce & tomato Green Beans Seasonal Fruit	<b>30</b> Beef Tips Tamale w/ cheese Corn Tortillas Tossed Salad Corn Mandarin Orange segments	<b>31</b> Grape Juice White Amish Bean Salad Chicken Caesar Salad Wheat Bread Fresh Pears		

# Urbana Senior Center

## Congregate Meals Information

### Dates and Times

Monday-Thursday (excluding holidays)  
Meals served at Noon

### Reservations/ Cancellations

Reservations must be made at least 48 hours in advance.  
Cancellations may be made up to 24 hours in advance.  
Register in person at the Center or call 301-600-7020.

### Cost

The cost is \$4.80 per participant per meal.  
The Department of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.  
A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

### Payment

Checks should be made payable to "Frederick County Department of Aging".  
Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

### Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at [www.FrederickCountyMD.gov/doa](http://www.FrederickCountyMD.gov/doa) . The menus are subject to change.

### Transportation: Monday-Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:45 and 11:00 am. They will be returned to their homes between 2:00 pm and 2:30 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area.

### Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.